

YOUR

heart... CARE?

YOUR SKIN CARE.
YOUR HAIR CARE.
YOUR NAIL CARE.

THE TRUTH ISN'T PRETTY.
MORE WOMEN DIE OF
HEART DISEASE THAN
ANY OTHER DISEASE.

We're good at caring for our
bodies – the parts we can
see. But what about what's
inside?

Do you have high blood
pressure? High blood
cholesterol? Diabetes? Are
you inactive? Are you a
smoker? Overweight? If so,
this could damage your heart
and lead to disability, heart
attack, or both.

It's critical to care about heart
disease. Talk to your doctor
to get answers that may save
your life. The truth is, it's best
to know your risks and to take
action now.



www.hhss.ne.gov/hearttruth

Nebraska Department of Health and Human Services
Cardiovascular Health Program
Office of Women's Health
Office of Minority Health
National Heart, Lung, and Blood Institute